



A note to the elderly and those with high blood pressure

Avoid high-temperature baths

Avoid baths 42 degrees Celsius or hotter if you are elderly or have high blood pressure, arteriosclerosis, heart disease or respiratory disease. Taking a warm bath between 37 and 39 degrees for 10 to 20 minutes is ideal, but if the bath is hot (40 degrees or higher), keep your chest and shoulders above the water.

Drink water frequently

Drink lukewarm water or weak tea before, during and after your bath.

Move your fingers, hands and feet frequently during your bath

This will improve blood flow.

Go with at least one other person in the early morning or late at night

This is so that you can tell someone if you begin feeling unwell.

Do not bathe more than twice a day

Bathing too frequently or for long periods of time puts a strain on your heart and body.



Health benefits of Wakura Onsen

Spring quality: Chloride spring (sodium and calcium). Source is 90 degrees.

Efficacy: Rheumatism, gout, neuralgia, anemia, physical weakness in children, chronic gynecological diseases and other ailments.

Drinking diluted concentrations is said to be good for gastrointestinal disease, anemia, fatty liver disease and other medical conditions. Moreover, the salt sticks to the skin and keeps the body warm after getting out of the bath.

It warms the body even if you do not stay in for long periods of time and even though the water temperature is not hot, so it has long been known as a "bath of heat."

*If you have high blood pressure, kidney disease, heart disease or other general swelling, avoid drinking the water.

1

Start with the "kakeyu"

Rinsing with the warm "kakeyu" water before getting in the bathtub sends a signal to your body that you are about to bathe in the hot spring.

***Gets your body used to the minerals in the hot spring water.**

***Prevents your blood vessels from expanding too rapidly and causing your blood pressure to drop.**

Pour about 10 pails of the warm water on your legs from your feet to your thighs and all the way up to your shoulders. This is also important to wash the dirt off your body.



2

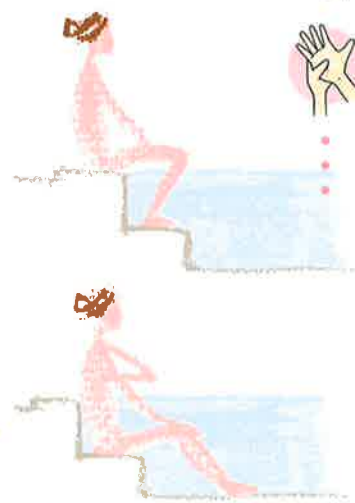
Get into the bathtub slowly

***Sit on the edge of the bathtub for two minutes.**

After that, submerge yourself slowly up to your shoulders. Soaking your body in warm water (38 to 40 degrees) up to your chest or shoulders for 10 to 20 minutes is ideal.

***Keep your chest and shoulders out of the water if it's hot.**

Warm your body up slowly. Only soak with the water up to your shoulders for two to three minutes, then sit on the edge of the bathtub or rest in the wash area. The water pressure in the hot spring bath is stronger than you think, so don't soak long enough to get your sweat pouring or for your heart to start palpitating.



Let's take a hot spring bath!

Beautiful skin and healthy body

Tips

A Remove your make-up before bathing.

If you leave your make-up on, you'll end up blocking the minerals from penetrating your skin. It will also hinder the water's beautifying effect by keeping it from softening old skin cells and removing waste products from the pores.

B

Bathtub massage

Massaging the center of your soles and palms helps restore the balance of hormone secretions to relieve tension and allow you to relax.



C

Weight loss effect

Bathing in hot spring water facilitates good sleep. This is not only due to the psychological effect of making you feel refreshed but also a significant burning of calories as a result of increasing your body temperature and the stimulation provided by the hot spring water. Soaking for 20 minutes in 40-degree water is said to burn about 200 calories.



Try some simple stretches and exercises utilizing water pressure and buoyancy while in the bathtub. Also, perform a kneading massage on tight muscles to discover the secret of hot spring fat-burning and weight loss.

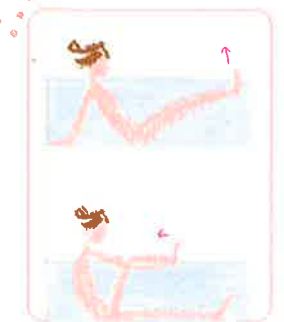
*Don't put a strain on your heart when stretching or exercising. If you feel something's not right, stop right away.

4

Have a cup of water after your bath



When you bathe in a hot spring, you lose a considerable amount of fluid through sweating. After bathing, be sure to adequately rehydrate by drinking water, weak tea, mineral water or other such drinks.



E

Use lotion to lock in moisture.

When you stop sweating, apply lotion or moisturizing cream while your skin is moist to lock in the moisture after bathing.



3

Do not rinse off

Don't rinse the water off after bathing. Just dry off with a towel. This will allow the minerals from the hot spring water to penetrate your skin. The hot spring water does not transmit germs causing skin infections.

*People with extra sensitive skin may get a stinging sensation from the minerals. If that happens, rinse off in the shower and don't ignore it.

D

Pour cold water on your lower legs

When you finish bathing, pour cold water on your lower legs and ankles. If using running water, put your lower legs under it for about 10 seconds to restore normal blood flow and refresh yourself. If you alternate between this and soaking in the bath for three to five minutes each five times or so, the active expanding and constricting of the blood vessels can help improve circulation and lower blood pressure.



高齡者及高血壓患者請注意

宜避免浸泡於高溫浴池

患有高血壓、動脈硬化、心臟病、呼吸道疾病的患者以及高齡者宜避免浸泡於42度以上的高溫浴池。建議於微溫（37～39度）的溫泉內浸泡約10～20分鐘左右即可。泉溫較高（40度以上）時，建議泡半身浴，浸泡至胃之下即可。

勤於補充水分

入浴前、入浴時、入浴後，宜飲用溫開水或淡茶。

入浴時要經常活動手指、手臂及腳

調整血液循環。

早晨、夜間時段宜攜伴，避免單獨一人入浴

身體不適時，得互相照應。

一天不宜泡湯超過2次

入浴次數過多或時間太長，易造成身體或心臟的負擔。



和倉溫泉的效用

泉質＝鈉、鈣－鹽化物泉。源泉為約90度的高溫溫泉。

效用＝對風濕、痛風、神經痛、貧血、兒童身體虛弱、慢性婦疾病等皆有療效。

據說稀釋後飲用對腸胃病、貧血、脂肪肝患者相當有益。此外，入浴後，鹽分會附著於肌膚，具有保溫效果。和倉溫泉自古以來便享有「熱之湯」之稱，因其不必特意保暖，光浸泡在微熱的溫泉水中即相當暖和，而有此名。

※患有高血壓、腎臟病、心臟病，及其他一般有浮腫症狀的患者宜避免飲用。



1

首先從「淋浴」開始

入浴前請先將熱水淋於身上，將「接下來要泡湯」的訊息傳遞給身體。

- ★ 讓身體適應溫泉的成分。
- ★ 預防血管急遽擴張，導致血壓下降。

繁約舀10瓢水，自膝蓋下方依序淋至膝蓋上方，直至肩膀。

重要的是，此舉同時也能迅速將身體沖洗乾淨。

2

慢慢進入浴池中

- ★ 先坐於浴池階梯上2分鐘。

之後再慢慢浸泡至肩膀。建議於微溫（38～40度）的溫泉，浸泡至胸口或肩膀，約10～20分鐘左右。

- ★ 泉溫較高時，建議泡「半身浴」。

建議您先讓身體慢慢暖和起來。浸泡至肩膀最多2～3分鐘，之後起身至溫泉池邊稍坐一會，或至淋浴處小憩。溫泉水壓強度超乎您的想像，浸泡時間不宜過長，泡澡時如出現流汗或心跳加速等情況，請立即起身。



美 沐浴後的 人

建議

A

請先卸妝後再行入浴。
溫泉成分具有軟化老舊角質、潔淨毛孔的美容效果。如未卸妝即入浴，化妝品成分將會妨礙珍貴的溫泉成分滲透肌膚，導致效果變差。

B

可於浴池中進行按摩。
您可按摩腳底中央與掌心中央，以調整荷爾蒙的分泌平衡，舒緩身心，放鬆心情。

C

瘦身效果。
泡完溫泉後心理上會感到神清氣爽，且體溫的上升與溫泉的刺激會讓身體消耗許多熱量，這些將有助於您進入深層睡眠。例如，在40度的溫泉中浸泡20分鐘，約可消耗200大卡的熱量。

D

膝下澆冷水。
泡完湯之後請於膝蓋下方或腳踝澆一下冷水。如為淋浴請沖大約10秒左右，可調整血液循環，使身體更加清爽舒適。此外，每隔3～5分鐘重複入浴與此動作約莫5次，將有助於刺激血管縮放，對體質虛寒者或低血壓患者相當具有療效。

E

輕拍化妝水，滋潤肌膚。
入浴後，請於流汗、角質濕潤的狀態下，輕拍化妝水或塗抹保濕霜，以保持肌膚潤澤。

4

泡完湯之後請一定要喝水

溫泉浴因出汗等水份流失太多造成體內缺水。入浴後，請充分飲用水、淡茶、礦泉水等來進行水分的補給。



3

泡完湯後不必淋浴

入浴後不必沖掉身上附著的溫泉成分，以毛巾按壓擦乾即可。

如此一來才不會妨礙溫泉成分滲透至肌膚。

不必擔心肌膚因泡湯感染病原菌。

※不過，敏感性肌膚的患者有時會因溫泉成分的刺激，產生灼熱感。此時千萬不要忍耐，請立即淋浴沖洗。

